



HOLDENBY HOUSE TRAIL RUN & CANICROSS



Thank you for
entering the ATW
Holdenby House
Canicross.

This information
pack contains
everything you need
to know ahead of
your event on
Sunday 12th October.
Please have a read
through so you can
be fully prepared!

We can't wait to see
you on the start line.



Follow us on socials @eventsatw

KEY DETAILS:

12th October 2025

Address:

Holdenby House, Holdenby Rd, Northampton, NN6 8DJ

Parking:

Parking is available at Holdenby House.
Please follow the car park marshal instructions in the main carpark.
Parking at the venue is charged at £3 per car on exit.

Trail Run information:

As well as our Canicross, a Trail Run and Duathlon (without dogs) will be taking place on the same route. These events will be starting 15 minutes after the Canicross at 9:30am.

Runners have been asked to alert any Canicross athletes that they have caught up with and to give clear instruction as to which side they will be overtaking on. If you hear a trail runner behind you, please move to the side to allow them to pass, they will have caught up by over 15 minutes and so should be moving significantly quicker than you. Please make it clear which side you are moving to, to avoid any trip hazards.

Dog Waste

Please make sure to throw away ALL waste, including dog waste in the bins provided. We will have RED bin bags specifically for dog waste on route and the finish area. Please do not put dog waste in the general bins (BLACK or GREEN bin bags).

Timings:

8:00am

Registration opens

9:15am

Canicross Start

9:30am

5k, 10k & Half Marathon start

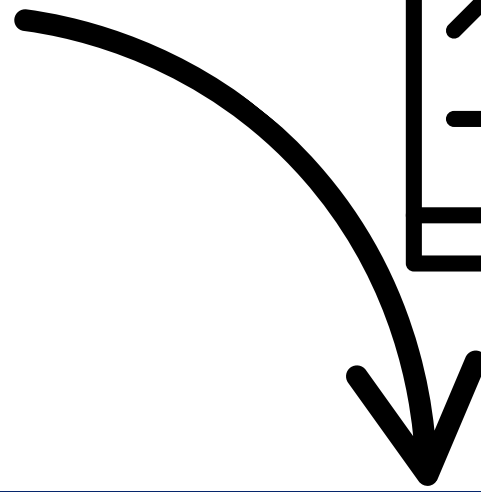
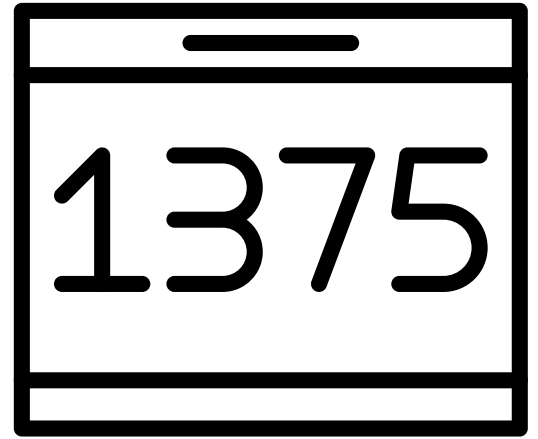
9:30am

Duathlon Start

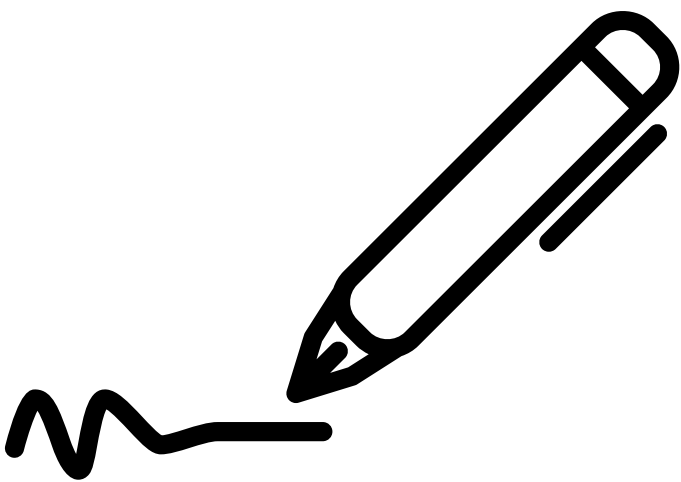


When you arrive:

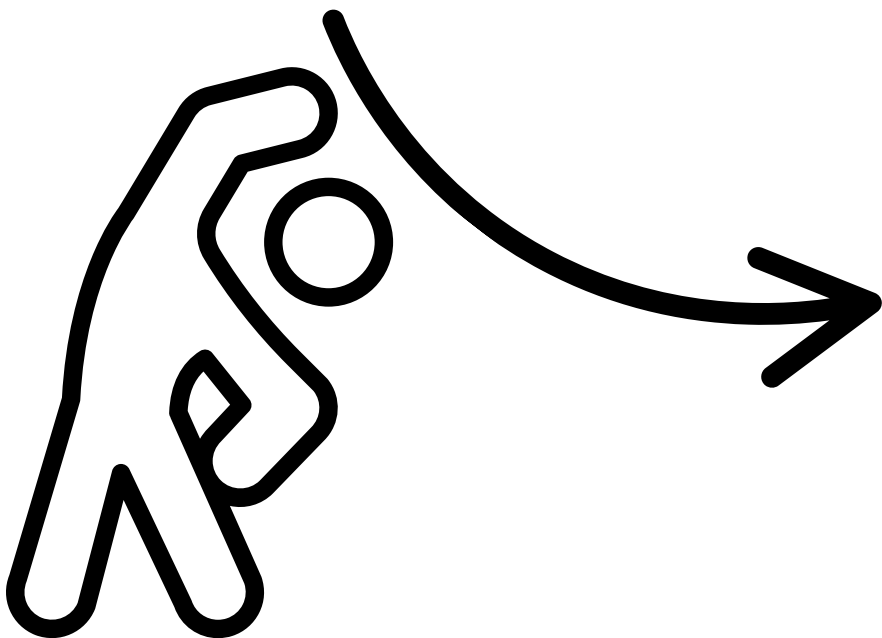
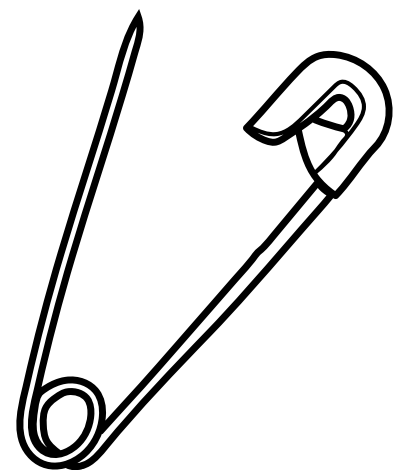
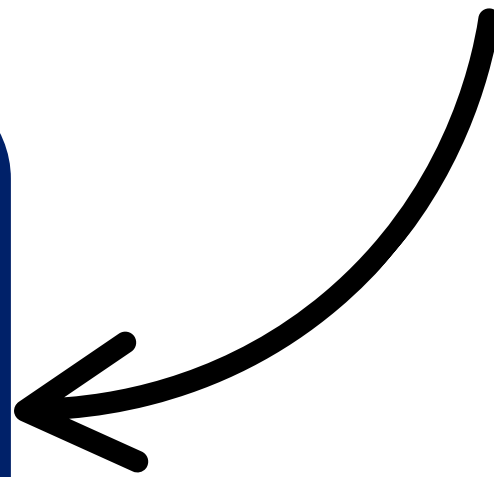
Head over to registration to collect your race number – all you need is the name you signed up with



Fill out your information on the back, this help us identify you quickly if something happens on course

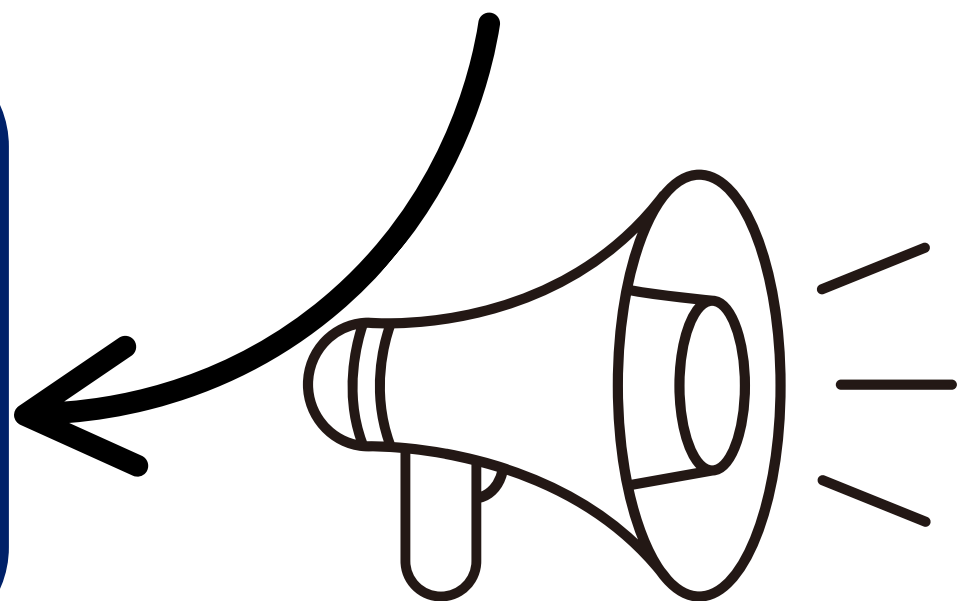


Pin your number to the FRONT of your t-shirt– do not remove the foam strip – safety pins can be found on hq tables



Explore HQ, warm up, hand over your bag and get ready for your race start

Join the start funnel– 5 mins before the start, the commentator will give a final brief. Have fun

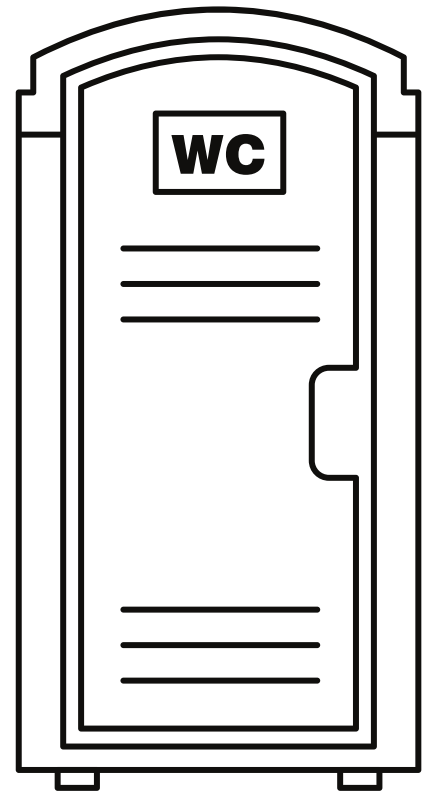


Some Key Info:

Toilets & Changing:

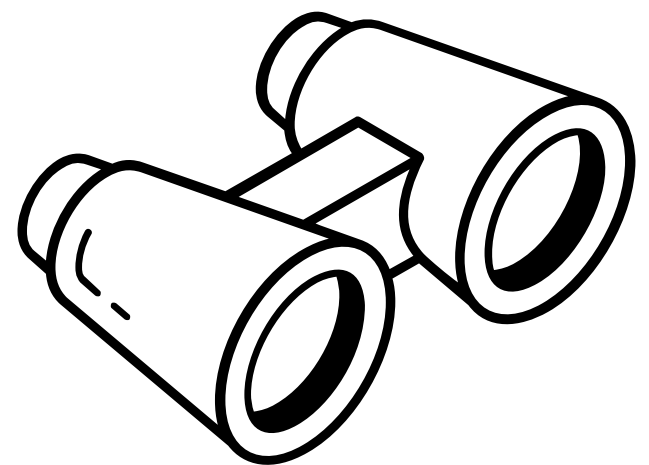
Toilet facilities are on site inside in the form of portable toilets. No Changing facilities are on site, so please turn up ready to go.

Free female sanitary products available in portable toilets.



There is a cafe onsite serving food and drink options.

Friends or family coming to support?
Help us build the magic of event day and celebrate every runner over the line
There's also a great cheer point at HQ.



The Route:



[Interactive course map](#)

- The course is marked with arrows and marshals.
- The trail is a mix of tarmac and compacted stone and dirt. Any shoes with a bit of grip are recommended for this trail course.
- Littering on the course is prohibited.
- Please be respectful of other users while you race.

Post Event:

ATW HUB:

The place for all of your pre and post race needs and all things ATW.

Click below to see your results, photos and more

Also coming to an app store soon...

THE HUB



EVENTS



RESULTS



PHOTOS



FAQ'S



PARTNERS



COACHING



SOCIALS & PODCASTS



EVENTMAKERS



TRAINING CAMPS



ATW RACE SERIES



FUNDRAISING



MEET-UPS



OWS & TRAINING VENUES



VIDEO LIBRARY

All thats left to say is...

**GOOD LUCK
AND
HAVE FUN**

Our partners:

ZONE3



OUR TRUSTED SWIM SPONSOR!

[CHECK OUT THEIR STORE](#)

Get ready for your swim or triathlon event with a ZONE3 Wetsuit.
Easy event day hire & season rentals

[WETSUIT HIRE](#)

revive
active®

**OUR SUPPLEMENT
SPONSOR!**

Revive Active is more than just a multivitamin... It's a SUPER Supplement. Why is it Super? Ingredients, Power, Convenience, Taste and Effectiveness to achieve a SUPER YOU no matter what stage of life you're at!

[CHECK OUT THEIR STORE](#)

DISCOUNT CODE: ATW20



**SKECHERS
PERFORMANCE**

OUR ALL NEW RUN SPONSOR!

Lifestyle and athletic footwear and apparel for men, women, and kids filled with innovative comfort technologies.

NEW SKECHERS RUNNING SHOES RELEASED MAY 2025!

Our partners:



Alzheimer's Research UK is the UK's leading charity for dementia research, aiming to find a cure for Alzheimer's disease and other forms of dementia.

When you sign up for an ATW event, you will have 2 options to help Alzheimer's research UK:

- 1. Donate
- 2. Share your interest in supporting Alzheimer's research – including event sponsorships

[FIND OUT MORE](#)



A donation is made on GoFundMe every second. Start your fundraiser and raise money today.

Start fundraising today with no fee, easy set up, and free Gift Aid processing for charities.

[EMAIL US](#)

